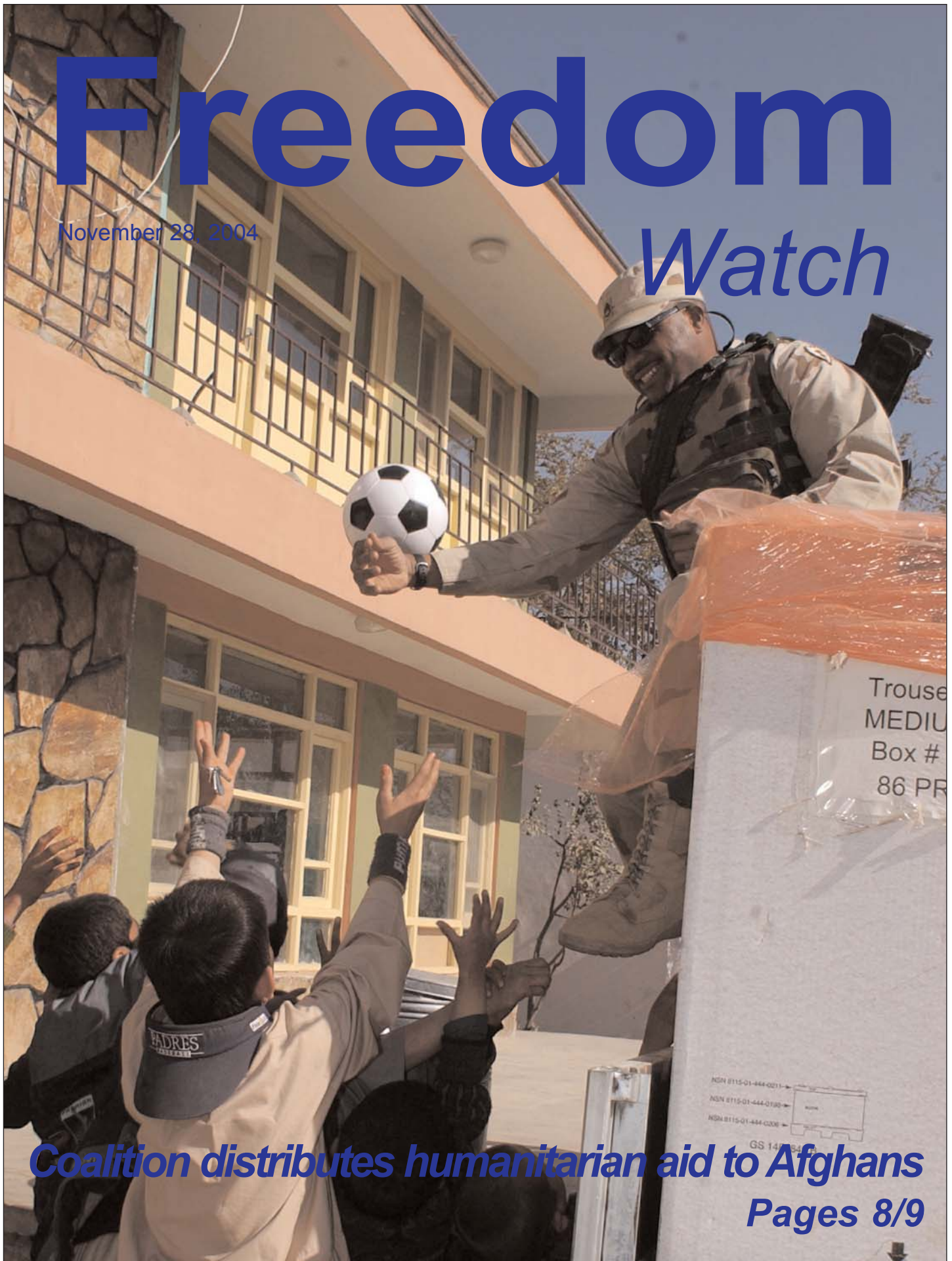


# Freedom

November 28, 2004

## Watch



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***Coalition distributes humanitarian aid to Afghans***  
***Pages 8/9***



Sgt. Stephanie L. Carl

## Seeing stars

Vice Chief of Staff of the Army Gen. Richard Cody (right), pins rank on the collar of newly promoted Staff Sgt. Kimberly Klingbiel, Joint Task Force Wings, Nov. 11. During his visit to Afghanistan, Cody, an aviator by trade, took the time to discuss current events in the aviation field with the pilots, crew chiefs and Soldiers of JTF Wings. After administering the oath of reenlistment to Klingbiel and another aviation Soldier, Spc. Sherman Inanod, Cody met with senior leaders of CJTF-76 to discuss the status of the Coalition.

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The Coalition provided humanitarian assistance across Afghanistan Nov. 16, supporting the tradition of generosity during the end of the Muslim celebration of Eid al Fitr. At an orphanage in Parwan province, Staff Sgt. Christopher Butler, HHC, CJTF-76, aid station noncommissioned officer in charge, distributed soccer balls to the children residing there.

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# Freedom Watch

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# Paktia gets two new recruiting tools

## *ANA recruiting HQ opens alongside volunteer center*

Story by Master Sgt. D. Keith Johnson  
Office of Military Cooperation – Afghanistan

GARDEZ, Afghanistan — It was a day of twos.

Two grand openings. Two ribbon cutting ceremonies. Two flag raisings. And two sheep sacrifices, for good luck.

The grand opening of the Paktia National Army Volunteer Center Nov. 7 coincided with the grand opening of the first Afghan National Army Intermediate Recruiting Battalion headquarters next door.

The battalion headquarters will eventually have command and control over four NAVCs. It is the first of seven planned for Afghanistan.

The audience at the ceremony heard from the deputy governor of Paktia, Mohammad Nabi Safi; ANA Recruiting Command Commander Maj. Gen. Aziz Rahman; and U.S. Air Force Maj. Gen. Craig P. Weston, Office of Military Cooperation – Afghanistan chief.

The Paktia deputy governor talked about the importance of the recruiting center and the importance of recruiting soldiers into the ANA.

“The army is like the soul of the country. And a country without a trusted army is like a body without a soul,” said Safi.



Spc. Chris Stump

**ANA soldiers dance in celebration of the opening of the the army's two newest recruiting buildings in Paktia province Nov. 7.**

Weston also stressed the importance of the recruiting center, not only to Paktia, but to Afghanistan as well.

“This center will reach out to the young men of Paktia, to help them join the new Afghan National Army, an army made up of all the major ethnic groups of Afghanistan – Pashtun, Tajik, Uzbek, Turkman and more,” said Weston.

The ANA Recruiting Command's commander challenged the local officials.

“These are your sons who provided the

security for the election in the uniform of the ANA,” said Rahman. “I request you all to support and strengthen the ANA.”

This NAVC grand opening marks the 20th of a planned 35 centers across Afghanistan. Weston emphasized the reason for the openings.

“The young men of Paktia will be proud to join this army, so they too can wear the green beret (of the ANA) and contribute to peace, stability and the rebuilding of Afghanistan,” said Weston.

## *DDR: A careful process along Afghan border*

Story by Sgt. 1st Class Mack Davis  
Office of Military Cooperation – Afghanistan

HERAT, Afghanistan — The Disarmament, Demobilization and Reintegration process requires a great deal of tact, patience and persistence.

That is what two U.S. Army Embedded Training Team Soldiers learned when they accompanied an Afghan National Army commander on a DDR mission to a town along Afghanistan's western border with Iran.

Maj. Rex Sohn and Master Sgt. Tom Kryniki, part of the ANA's 4th Kandak (Battalion), 1st Brigade, Embedded Training Team, went with ANA Lt. Col. Mohammad Taheed, 1st Brigade commander, when he led his brigade to

Ghurian, Afghanistan.

Taheed's mission was to persuade the villagers of this border town to turn in their weapons in order to implement the DDR program for their village.

Once the team arrived in Ghurian, a town hall-type meeting was organized, to be held in the local mosque.

The villagers selected two representatives for each ethnic group. Once the representatives returned inside the mosque, Taheed requested that the villagers contact the militia fighters in the mountainous region outside the village and persuade them to come in and lay down their weapons.

Taheed spent several hours speaking with elders on the benefits of the DDR program and how it would be beneficial to voluntarily relinquish the weapons, rather than wait

for the ANA to return and take them by force.

After the meeting, both Taheed and the village elders were upbeat about its outcome. The villagers had agreed to approach the militia and tell them that the village was going to undergo a DDR program for itself, as well as to demand the surrender of illegal weapons.

“We step back as trainers in these situations and become more of an adviser,” said Sohn, the ETT commander. “Lt. Col. Taheed is a good spokesman and is very persuasive with the Afghan people.”

It is meetings and interaction between the Afghan people and dedicated soldiers like Taheed taking place all across Afghanistan that will lead to the ultimate success of the DDR program.

# SEMPER PARATI *Marine Corps celebrates 229 years of service*

Story and photo by  
Navy Journalist 2nd Class  
Kristin Fitzsimmons  
CJTF-76 Public Affairs

BAGRAM AIR BASE, Afghanistan — Honor, courage and commitment have served as core values and the backbone of the U.S. Marine Corps for 229 years, as brave Marines throughout history have fought alongside Soldiers, Sailors and Airmen in the defense of the Nation.

The “Red Dogs” of Marine Light Attack Helicopter Squadron 773 hosted the Nov. 10 birthday celebration, as fellow Marines and their honored guests stationed at Bagram Air Base gathered for a “combat ball,” held in place of the traditional ceremony.

“It is truly an honor, and many times a pleasure, to lead such an outstanding group of men and women,” said Marine Lt. Col. Johnathan Allen, HMLA-773 commanding officer. “You answered the call of your country and came here



**Marines deployed to Afghanistan celebrated the 229th birthday of the Marine Corps by sharing two large birthday cakes with Coalition members Nov. 10.**

into a combat zone and you showed over and over again that you own the title ‘Marine.’ I can’t thank you enough. Like Chesty Puller said, ‘Old breed, new breed, it doesn’t make a bit of difference, as long as it is the Marine breed!’ ”

More than 600 people filled the North Dining Facility to observe a brief history of the Marine Corps, a video telling the Navy/Marine Corps efforts

during Operation Enduring Freedom, the honor guard parading the colors, and the time-honored cake-cutting ceremony.

“The United States Marine Corps today and in the past is at the front of the pack, leading the way in the fight for freedom and democracy,” said Maj. Gen. Eric T. Olson, Combined Joint Task Force-76 commander and keynote speaker for the event.

“You have given this distressed nation (Afghanistan) hope. You have given them a birthday for the first time in 5,000 years and helped them with their first free elections. You have taken steps to ensure that Afghanistan, as a stable and free country, will never again serve as a launching pad for the type of horrific terrorist attacks that took the lives of (more than) 3,000 of our friends and relatives during the events of Sept. 11, 2001. What you have done here, each and every one of you, is made it more certain that those events can never happen again!”

The evening ended in a very social atmosphere as everyone enjoyed a steak and lobster dinner, accompanied by two birthday cakes and music.

“It was a historic moment for me,” said Marine Sgt. Madehania Baheta, assigned to Marine Forces Pacific. “Being with my fellow Marines out here, celebrating our birthday in a combat zone, just brought to life what we stand and fight for.”

## Troop call ...



Air Force Staff Sgt. Jennifer Lindsey

**Air Force Chief of Staff Gen. John P. Jumper speaks with 455th Expeditionary Operations Group members during his visit to Bagram Air Base Nov. 6. During the troop call, the Air Force leader spoke about the Air Force’s new uniforms and physical training gear. He wrapped up the visit by fielding questions about career job reservations, chaplain shortages, high-year of tenure regulations and progress in Iraq. The 455th EOG is comprised of active-duty and Air Force Reserve Airmen from bases worldwide on Air Expeditionary Force deployment 1/2, which is on a 120-day rotation.**



# Coalition helps Khowst government

## *Marines donate vehicles to province*

Story and photo by  
Staff Sgt. Bradley Rhen  
CTF Thunder Public Affairs Office

KHOWST, Afghanistan — Marines from Task Force Thunder donated three pickups and a tractor to the Khowst provincial governor Oct. 31.

It was the final civil affairs mission for the 3rd Battalion, 6th Marine Regiment, which has been relieved by the 3rd Battalion, 3rd Marine Regiment.

During its time in southeastern Afghanistan, the battalion donated school supplies and built wells in the area, said Marine Capt. Brendan Heatherman, assistant operations officer. This final project was partly to help the provincial government do some of the same types of projects when 3rd Bn., 6th Marines departs.

"It was a show of appreciation from (3rd Bn., 6th Marines) to the governor and



**Marines of 3rd Bn., 6th Marines donated these pickups, along with a tractor and uniforms, to the governor of Khowst province Oct. 31.**

to try to keep the relationship together for when (3rd Bn., 3rd Marines) comes over," said Heatherman. "It makes (the Afghans) feel a lot better to know they're seeing their own people helping provide security — not just the

Americans coming in and doing it for them, but the Americans working with them."

Heatherman said missions like this are a great example of the Coalition helping the Afghans help themselves.

"Everything here is about putting an Afghan face on it," he said. "The Afghan people are definitely capable of doing a lot, but they lack resources and money, so we come in and provide a little bit of that and work jointly with them."

## Enduring Voices

*What significant changes have you seen in Afghanistan since you've been here?*



**Chief Warrant Officer  
M.A. Kemp**  
Co. B, 214th Avn. Rgt.  
*"Women and children are becoming more friendly and outgoing."*



**Spc. Calvin Spann**  
Co. B, 2nd Bn., 265th ADA  
*"Better health care and hygiene for the children."*



**1st Sgt. Green Wilson**  
25th MP Bn.  
*"There is a lot more assistance from the local nationals."*



**Capt. Kurt Jerke**  
76th Inf. Bde.  
*"People are more trusting of the ANA since the elections."*

# ROK medical teams conduct CMA

Story and photos by  
ROK Maj. Kim Bong Young  
Republic of Korea Engineer Group

JAMANKOR, Afghanistan — Medical teams from the Republic of Korea Army's 924th Medical Support Group joined forces with other Coalition medical teams to conduct a cooperative medical assistance in Jamankor Oct. 25.

This was the first CMA for this medical group, which deployed here in late August.

The team of ROK and U.S. doctors, nurses and medics treated 450 patients during the CMA, which was held in response to a request by the local government.

Once the CMA began, medical personnel found many of the patients suffered from tuberculosis, arthritis or external wounds.

"Every time I perform these kinds of operations, it is heart-breaking to see how many patients we can't treat," said ROK Capt. Yoo, Jae Ho.

Many of the patients seek medical assistance too late, and can't be treated.

"More care and love are needed for these people," said Yoo.

Hoping to meet this demand, the 924th MSG commander intends to participate in as many CMAs as the group can, without hindering base operations.

Base operations for the group



**A Soldier from TF 325th Combat Support Hospital and a ROK nurse check the vital signs of an Afghan boy during a joint CMA in which ROK and U.S. medical personnel provided medical assistance in Jamankor Oct. 25.**

includes manning the Korean Hospital on Bagram Air Base, where ROK medical personnel treat both local nationals and Coalition members. The hospital is open to local nationals Mondays through Saturdays, 0430 – 1200 Zulu. Most patients come from Bagram village, just outside the base. But many others travel from around the country to receive medical treatment.

By conducting CMAs, the ROK medical personnel will have more of an opportunity to help the Afghan people.



**Capt. Kristal Horsch (left), TF 325th CSH physician assistant, assists ROK medical officers in assessing a patient.**

## AAFES SERVICES HOURS OF OPERATION

### Bagram Air Base

<b>PX</b>	<b>Massage</b>
0230-1630	0400-1800
<b>Shoppette</b>	<b>Alterations</b>
0230-1630	0430-1430
<b>Burger King</b>	<b>Embroidery Shop</b>
0430-1730	0430-1430
<b>Food Court</b>	<b>Gift Shops</b>
0600-1630	0430-1430
<b>Barber Shop</b>	<b>Sports Apparel</b>
0430-1530	0430-1430
<b>Day Spa</b>	<b>Coffee Shop</b>
0400-1600	24hrs

### Kandahar Airfield

<b>PX</b>	<b>Alterations</b>
0500-1700	0500-1700
<b>Burger King</b>	<b>Embroidery Shop</b>
0430-1730	0500-1700
<b>Subway</b>	<b>Gift Shops</b>
0430-1700	0500-1700
<b>Coffee Shop</b>	<b>Sports Apparel</b>
24hrs	0500-1700
<b>Main Barber Shop</b>	<b>Black Ops Store</b>
0500-1700	0500-1700
<b>Lagoon Barber Shop</b>	<b>Leather Shop</b>
0300-1700	0500-1700
<b>Day Spa</b>	
0500-1700	

### TF Phoenix

<b>PX</b>
0430-1630
<b>Barber Shop</b>
0330-1530
<b>Alterations</b>
0330-1630
<b>Coffee Shop</b>
24 hours

### CFC-A

<b>PX</b>
0430-1630
<b>Barber Shop</b>
0330-1530

*\* All times in Zulu/GMT*



# Veterans Day brings Coalition together

Story and photo by  
Spc. Cheryl Ransford  
17th Public Affairs Detachment

BAGRAM AIR BASE, Afghanistan — Coalition soldiers from 12 countries gathered on Bagram Air Base to recognize Veterans Day Nov. 11.

Most countries have an equivalent of the U.S. observance and for Coalition members deployed supporting Operation Enduring Freedom, the day took on an even greater meaning.

"Since 1918, there has been a day set aside to remember all those who have given their life and those who continue to serve throughout the world," said Canadian Chief Warrant Officer R. J. Walsh, Combined Joint Task Force-76 Canadian liaison officer. "Being in Afghanistan makes the day that much more important. It is the unity of the Coalition coming together as one, to remember our fallen comrades and celebrate the work we continue to do."

During the remembrance ceremony, the Coalition members laid wreaths in honor of the service members who have fallen in combat. But the

wreaths didn't just represent the fallen comrades. They represented the sacrifices all service members continue to make.

"This is a unique moment, in that we have the opportunity to celebrate our oneness with each of the countries now fighting as one team for the freedom of Afghanistan," said Chaplain (Lt. Col.) Larry Adams-Thompson, CJTF-76 chaplain.

In 1954, the United States changed the name of the holiday from Armistice Day to Veterans Day. In October of that same year, all citizens were called upon to observe the day by remembering the sacrifices of all those who fought gallantly for the freedoms Americans share today. In other countries, Veterans Day may have a different name, but it is just as important.

Looking back on those who have fallen in the past provides an opportunity to recall the values the military supports and encourages every day, said Maj. Gen. Eric T. Olson, CJTF-76 commander.

"It is important to maintain strong bonds within the Coalition," he said. "Being able to share this ceremony



**Members of the Coalition salute the colors during the Veterans Day ceremony at Bagram Air Base Nov. 11. The ceremony was an opportunity to pay tribute to those who have served, as well as those currently serving.**

with the countries of the Coalition builds those bonds. This is a time when people around the world stop what they are doing and recognize the contributions of brave men and women. Being in Afghanistan should be no different."

Looking back on past wars and the service members who fought them is important at home or abroad, said Olson. Being deployed to a combat zone adds a sense of reality to what the service members of the past did to make the world what it is today.

"Remembering the fallen comrades and service mem-

bers of the past is especially important in this environment," he said. "Many veterans who are revered the most, lost their lives in combat. Taking time to reflect makes the work we are doing here that much more meaningful."

With the wreath laid and the ceremony drawing to a close, the importance of the day was evident to all involved.

"It is fitting for members of the Coalition to meet informally to recognize this day, the commitment all our nations have made to the global war on terror and improving life for the people of Afghanistan," said Walsh.



## PHOTOS FROM THE FIELD

**Two Marines from Co. K, 3rd Bn., 6th Marines, provide overwatch at a vehicle checkpoint near the Gardez PRT. Marines of Co. K have performed many security tasks in the region, such as presence patrols, and cordon and searches to promote a secure and stable environment throughout eastern Afghanistan.**

*Photo by Sgt. Michael Brown  
HHC, Logistics Task Force 725*

If you have high quality photos of service members supporting the Coalition mission or enjoying well-deserved off-duty time, please e-mail them to [carls@baf.afgn.army.mil](mailto:carls@baf.afgn.army.mil). Please include full identification and caption information, including who is in the photo and what action is taking place.



Master Sgt. Terry Anderson



Sgt. Stephanie L. Carl

Story by Sgt. Stephanie L. Carl  
17th Public Affairs Detachment

AFGHANISTAN — Eid al Fitr, the conclusion of Ramadan, is a time of celebration and generosity.

To recognize this Muslim tradition, members of Combined Joint Task Force-76 provided humanitarian assistance across Afghanistan Nov. 16, reaching more than 25 locations in Regional Commands South, East and West.

"Eid al Fitr is a time of visiting with family and elders, feasting, and celebrating the moral challenge that has been met," said Capt. Wayne Lacey, CJTF-76 plans officer.

The three-day celebration signifies the end of the month-long fast of Ramadan. Traditionally, the time is an opportunity for more fortunate Muslims to help the underprivileged. Due to the strife and instability that has dominated Afghanistan during the past few decades, it has been

hard for the Afghans to maintain this tradition.

The generosity displayed throughout the country will go a long way toward demonstrating to the locals that the Coalition understands the importance of this annual celebration.

"We wanted to join the Afghans in celebrating their Eid holiday, as well as their month-long fast for Ramadan," said Capt. David Venner, Parwan Provincial Reconstruction Team.

Members of the Parwan PRT visited Kapisa province in central Afghanistan, where they distributed blankets, clothes and even goats, to those in need.

Meanwhile, in Sediq Abad, a village in eastern Afghanistan, Coalition members distributed tools, blankets, clothes, school supplies and first-aid kits to refugees who recently returned from Pakistan after 15 years away from their homeland.

"We appreciate everything the Coalition is doing for us," said Gomagul, a Sediq

**Top: Afghan citizens in Kapisa province line up to receive gifts from U.S. troops during a humanitarian assistance in recognition of Eid al Fitr Nov. 16.**

**Above: Sgt. 1st Class Nery Calderon-Hernandez, HHC, CJTF-76, passes a handful of candy to a child at an orphanage in Parwan province.**

**Right: A Sediq Abad village member lays out humanitarian assistance packages donated by the Coalition. The packages included tools, clothes, school supplies and first aid kits.**



Sgt. Frank Magni





**Left: Spc. Julie Robinson, Jalabad PRT civil affairs team member, shows children the various items her unit brought to the Sediq Abad village.**

**Below: Sgt. Timothy Martin, Task Force 168, hands a backpack to a child at an orphanage in Herat in western Afghanistan.**

**Bottom: Sgt. 1st Class James Cline, Task Force 168, unloads boxes of clothing during the humanitarian assistance in Kapisa province.**

Sgt. Frank Magni

Abad mullah who goes by only one name. "We also appreciated that Coalition forces chose to come here after Eid and Ramadan, so that our celebrations had no interruptions."

Another resident of Sediq Abad, Village Elder Ashoqullah, who also goes by only one name, agreed with Gomagul, but appreciated the Coalition's efforts for another reason.

"Although we were happy to receive the gifts from the Coalition, we enjoyed the peace and security more. We are so happy, because we can peacefully celebrate Eid in Afghanistan for the first time in many years."

For another group of Afghans, the Coalition's visit meant a chance to return to the innocence of youth. At an orphanage in Parwan province, members of Headquarters and Headquarters Company, CJTF-76, joined by members of Task Force Pirate, visited young children residing there. Many of the children were fortunate enough to be able to spend the holiday with distant relatives, but about 30 of the children had only the staff of the orphanage to keep them company.

When the service members arrived at the compound, the children hustled outside, knowing the appearance of camouflage uniforms meant some sort of help. One boy rushed out barefoot, approaching a vehicle to ask for shoes. Indeed, this boy was not barefoot by the end of the visit. The Coalition distributed 150 blankets, dozens of pairs of shoes, sweaters, stuffed animals, candy and soccer balls. These are items that don't often find their way into the hands of these deprived children, especially the blankets, sweaters and

shoes that become necessities as winter approaches.

"It is easy to endure the summer, spring and fall," said Mohammad Taher Qumie, the director of the orphanage. "But now the winter is coming, and we must keep the children warm. We worry about how we will provide for them, but the gifts that Americans have provided will help."

In Khowst province, a similar sentiment was echoed.

"We are happy and appreciative of the (Coalition's) support to us," said Aminin Shah, the brother of an influential mullah in Khowst province. The Coalition also provided Shah's village with blankets, tools, food and school supplies – all things that will help the people to continue to progress.

But it wasn't just the Afghans who benefited from the day's activities. Members of the Coalition also received a gift, one that cannot be replaced by any material object.

"Today wasn't about me or CJTF-76," said Lacey. "Today was about helping the Afghan people. We do a lot to help them on a regular basis, but what we provided today was very personally rewarding. Everyone who participated was able to see immediately the effects their efforts were having. We were also able to ensure that the Afghan people know we recognize the importance of this holiday, and wanted to join them in the spirit of brotherhood."

*(Editor's note – Master Sgt. Terry Anderson, CJTF-76 Public Affairs Office; Staff Sgt. Bradley Rben, Combined Task Force Thunder Public Affairs Office; and Sgt. Frank Magni, 17th Public Affairs Detachment, contributed to this story.)*



Spc. Cheryl Ransford



Master Sgt. Terry Anderson

# Security forces team patrols Bagram

Story and photo by  
Air Force Staff Sgt. Jennifer Lindsey  
455th Expeditionary Operations Group

BAGRAM AIR BASE, Afghanistan — Air Force Airman Michael Roomsburg stopped the high mobility multipurpose wheeled vehicle, as Air Force Staff Sgt. Chad Marten called to notify the security forces command post the Delta-5 external security response team was set to patrol the outer perimeter road of Bagram Air Base.

“I’ll man the turret,” said the deployed active-duty Airman from Pope Air Force Base, N.C. The Muskegon, Mich., native then stepped up through the man-sized porthole and positioned himself behind the M-240 machine gun mounted on the vehicle roof.

“It’s all yours, but you’ll have to remind me where the turn-off is,” replied the noncommissioned officer, an Air Force reservist deployed from Hill Air Force Base, Utah, as he hopped into the driver’s seat.

The team sped off onto the road thick with cocoa-powder fine dirt, creating a thick cloud around and behind the tactical vehicle.

“This is one of the most dangerous areas of the airfield we patrol, due to the fact that it’s the most likely place an attack would happen,” said Marten, who hails from Ogden, Utah. “We need to drive through quickly, but keep our eyes open for anything unusual and report it immediately.”

The two-man team’s primary mission is to ensure the base and Air Force assets remain safe. Their unspoken mission is to protect each other from harm, while providing base security.

Leaders of the 455th Expeditionary Security Forces Squadron instill the principle that “no one flies solo.”

At technical school on Lackland Air Force Base, Texas, all security forces Airmen devote three general orders to memory: protect personnel and property, report all violations, and sound the alarm in cases of emergency. Here, security forces also uphold a locally implemented General Order No. 4, “I am my brother’s and my sister’s keeper.”

In a squadron of active-duty Airmen, and activated reservists deployed from six different stateside bases, maintaining esprit de corps is a must, said Air Force Chief Master Sgt. Nathan Huven,



**Air Force Staff Sgt. Chad Marten (left) and Air Force Airman Michael Roomsburg, Delta-5 External Security Response team, keep watch on construction work taking place on Runway Alpha. Members of the 455th Expeditionary Security Forces Squadron help provide a secure environment for Bagram Air Base.**

squadron operations officer, an active-duty member deployed from Hill AFB.

“Whether we’re reservists or active-duty Airmen, we’re all security forces — we share a mutual bond and a teamwork mentality,” said Huven, who hails from Monico, Wisc. “We all look out for each other here. This standing order reminds us to always keep an eye on our fellow security forces members, on- and off-duty.”

Providing a secure environment for not only Air Force, but also for Army, Navy and Marine fixed-wing and rotary aircraft at Bagram Air Base holds its own unique challenges. A few marked differences include a higher probability of being shot at while on patrol, enduring rocket attacks on the base, carrying a firearm both on- and off-duty, and patrolling around mine fields.

Additionally, new team members must understand that some lower-ranking Airmen who, because they have worked at the deployed location longer, may have more practical field knowledge.

Flight chiefs make full use of this edge by pairing more experienced Airmen

with newer ones. Marten, who arrived on station a few weeks later than his Delta-5 counterpart, said he counts on the guidance offered by his fellow patrolman.

“It doesn’t matter to me if it’s an Airman basic. If that person has more experience on the job than I do, I’m going to listen to what he or she has to say,” said the sergeant who has served in the active-duty Air Force and the Army Reserves before enlisting as an Air Force reservist.

Sometimes it’s the “newbies” who offer the best advice, said Air Force Master Sgt. Anthony Frazier, squadron operations superintendent from Oceanside, Calif.

“That’s why flight leadership here encourages their troops to share ideas on how to improve unit operations. We get fresh eyes and new ideas with every rotation,” explained the active-duty member deployed from Pope AFB. “My biggest fear is that we don’t stay attentive to what’s happening out there. We need the fresh eyes to keep us aware of what we can be doing better.”



# Gardez PRT medics provide first response

Story by Spc. Chris Stump  
17th Public Affairs Detachment

GARDEZ, Afghanistan — The medics of the Gardez Provincial Reconstruction Team, just outside the city of Gardez in Paktia province, have seen a lot in their time here. From the aches and pains of daily sick call, to life-threatening combat wounds, these medics have had many opportunities to apply their knowledge toward treating and saving patients.

With the nearest military medical facilities located at either Bagram Air Base or Forward Operating Base Salerno, the skills the PRT medics possess are crucial in getting life-saving care to those who need it.

"We're the first line of care in stabilizing patients and getting advanced care for their injuries and illnesses," said Staff Sgt. Jay Jensen, Gardez PRT medical noncommissioned officer in charge.

That's a huge benefit for troops serving in hostile country far away from the nearest medical facility.

The PRT's aid station has four medics and one physician assistant who provide medical assistance to the

members of the PRT.

"We go out on patrols with almost everyone who works with the PRT. So no matter who's out doing missions, one of us medics is there to make sure they have someone if they need help," said Sgt. Phil Stuckenholtz, Gardez PRT medic.

And their skills have been called upon more than a few times since their arrival at the Gardez PRT.

"We've seen appendicitis, a heart attack, gunshot wounds, stab wounds — and that was just a pretty intense 24-hour period," said Capt. Derrick Kooker, Gardez PRT physician assistant.

"We've seen 10 (medical evacuations) since we've been here, and we were able to stabilize all of them and get them help," he said.

While the main reason the medical personnel are at the PRT is to provide care to American forces, the majority of people with serious injuries they treat are local nationals.

"By treating locals with injuries that are threats to their life, limb or eyesight, we've built a good relationship with the local people," said Jensen.

"We've also done some



Courtesy photo

**Sgt. Seth McKay, Gardez PRT medic, treats a cut on a local national at the PRT's aid station. The medics at the PRT are the first line of medical care for the PRT and also treat many local nationals and government personnel.**

work with the Gardez hospital and built a good, working relationship with them," he said.

The medics' actions in the local community go beyond doing what they have to do. They enjoy and appreciate being able to assist those in need.

"Actions speak louder than words," said Kooker. "When you save one of their lives, it really puts our best face forward and shows that we're really here to help.

"You can see when you talk

to the people, they appreciate all that you do for them."

As much as the PRT medical personnel enjoy what they do for the local population, they know that their first mission is to be there for their unit when someone needs medical attention.

"Our mission as medics is very important to the overall mission," said Stuckenholtz. "It's important that we keep the troops on their feet, so we can all drive on with the mission of making this a better place."

## VICTIM-WITNESS ASSISTANCE PROGRAM

- Have you suffered direct physical or emotional harm as a result of the commission of a crime?
- Have you observed a crime being committed?
- Do you have information about a crime?

If the answer to any of these questions is yes, please contact the Bagram Air Base Victim-Witness Liaison at DSN 318-231-4016.

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# Coalition helps give mobility to Afghans

Story and photo by  
Master Sgt. D. Keith Johnson  
Office of Military Cooperation – Afghanistan

KABUL, Afghanistan — A group of U.S. military personnel had the opportunity to bring a little mobility to some citizens of Kabul on some free time from their regular duties last month.

A volunteer group of Marines, Airmen and Soldiers from Kabul Compound worked with The Mobility Project during a workshop to provide wheelchairs and personal energy transportation to children and adults who needed the devices.

The Mobility Project is a non-profit organization from Colorado Springs, Colo., that travels around the world providing wheelchairs, crutches, walkers and PETs. They have been working in Afghanistan since 1999, making two trips per year to the country.

“We work on bringing the disabled into society,” said Ray Terrill, vice president of TMP. All of the workers at TMP are unpaid.

The U.S. military got involved when Marine Corps Maj. Jon Neuman was contacted by Women of Hope project officials, who asked for support and security for the workshop.

“This outreach was an excellent opportunity to join with the (non-governmental organizations) and assist them in the work they are doing and provide security for them at the same time,” said Neuman.



**Marine Maj. Jon Neuman tightens a mount for a footrest on a wheelchair.**

“When I first heard about it, I thought, ‘They have a bunch of wheelchairs and they hand them out,’ but it is much more involved than that.”

The three-hour workshop at the Maiwand Hospital in Kabul provided six wheelchairs and one PET. The American military personnel and TMP volunteers worked together assembling, then fitting the wheelchairs to the disabled who arrived.

Some of the disabled who came to the hospital had injuries from accidents, and some had birth defects.

“The whole process was very humbling,” said Neuman.

The first visitor of the morning was a 12-year-old who arrived on his father’s back. Nasir, who goes by only one name, was interviewed by the TMP staff to determine the best device to suit him. Members of the group talked to Nasir as

the wheelchair was being assembled, but he was more interested in the wheelchair than the conversations. After getting his wheelchair and practicing a few turns, Nasir left, grinning from ear to ear.

They assembled and fitted as “customers” arrived. Other customers included a brother and sister who were severely injured when a Soviet bomb fell through their roof in the early 1990s; 5-year-old cousins, whose birth defects had weakened their bones; and 11-year-old Najla, a girl born without legs, who now wears prosthetic legs. Najla, who goes by only one name, was fitted with a wheelchair, and was excited about walking with a walker.

“This is pretty awesome,” said Staff Sgt. Cindy Southard. “It’s a great project.”

Southard, from Port St. Lucie, Fla., is a member of the 2nd Battalion, 265th Air Defense Artillery Regiment, Forward-2, a Florida National Guard unit deployed supporting Operation Enduring Freedom.

The Mobility Project plans another workshop in Kabul before leaving in November. Also planned is a wheelchair sport camp with three wheelchair athletes from the United States participating.

A feeling of accomplishment exuded from the U.S. military personnel involved. All agreed with the words of Spc. Fred Brown, a member of the Virginia National Guard from Richmond, Va.

“We’re giving people a new chance to do something with their lives,” he said.



Sgt. Stephanie L. Carl

## Trade secrets

New Zealand Maj. Marcus Linehan (left), Combined Task Force Thunder civil affairs director, shares his project-tracking methods with Lt. Col. Gary Kamauoha, Combined Joint Task Force-76 civil affairs law enforcement cell, during a break at the quarterly Provincial Reconstruction Team Conference Nov. 16 on Bagram Air Base. The conference gave PRT personnel stationed across Afghanistan the opportunity to gather and share their methods in rebuilding the country. It also allows the leadership to ensure subordinates understand the goals of the Coalition and are able to develop plans to meet these goals.



# Holiday season brings increased stress levels

## Safeguarding the Coalition

Story by Sgt. Frank Magni  
17th Public Affairs Detachment

AFGHANISTAN — For many service members deployed to Afghanistan in support of Operation Enduring Freedom, the holidays can be a time of increased difficulty in dealing with family separation and the rigors of the battlefield.

For leaders throughout the theater, the challenge at this time of year is maintaining a supportive environment that fosters healthy communications.

Chaplain (Lt. Col.) Larry Adams-Thompson, Combined Joint Task Force-76 chaplain, reminds each leader that no service member will have identical situations, but this time of year will amplify lingering problems for certain people.

With a military career that stretches back to the Vietnam conflict, Adams-Thompson has spent 19 holiday seasons as a chaplain.

"It is something I call the 'separations blues,'" said Adams-Thompson. "Soldiers get feelings that many things are out of their control during the holidays."

Whether it is an illness or death in the family, strained relationship, or just being deployed, feeling out of control can cause depression in service members, especially this time of the year.

"People who are deployed begin to feel guilty, because they can't focus on relationships," he said.

Those who are most prone to being affected by holiday strains are people spending their first holidays away from home, single parents and newlyweds, said Dr. (Capt.) Bryan Bacon, CJTF-76 psychiatrist.

But these aren't the only groups that can be affected negatively. Leaders should pay close atten-

tion to all their troops, watching for certain indicators, said Bacon.

Depressed mood, lack of interest in pleasurable activities, isolation, trouble sleeping (too much/too little), constant fatigue, and decreased concentration can all be indicators that service members might need additional attention from leaders, and may even need to seek outside help.

"Help can come from many different sources," said Adams-Thompson.

"A chaplain is always a good place to start," he said. "A chaplain is a non-denominational source for counsel. We are a great source for advice and can

ception that they will lose security clearances or it may adversely affect their career.

"In the military culture, we have to get over the stigma of, if you have a problem, you're not a good Soldier," said Bacon. "Many times just avoiding a situation can just make it worse."

When problems arise and depression begins, getting early treatment or help is the best way to cope.

"The worst thing any Soldier or leader can do is ignore a problem and hope it goes away," said Bacon.

For tough times during the holidays, both Adams-Thompson and Bacon recommend that service members turn to their military family.

Holidays in a combat zone can be one of the most unique experiences of a lifetime, said Adams-Thompson.

"I will never forget my Christmas in Vietnam," he

said. "It is one of my most treasured memories."

For service members who will remain in Afghanistan for the holidays, there are a few recommendations.

Adams-Thompson said service members should try hard to participate in activities with their unit.

"We tell families of service members to celebrate and not to skip the holidays because a loved one is deployed. We recommend service members do the same," he said. "We are all deployed right now with our military families. We all must rely on each other to get through tough times."

For service members with family back home, maintaining tradition is one way to cope with separation.

"Try to continue traditions with family," said Bacon. "You can still find ways to exchange gifts and do other things, even with the distance."

Trying to ignore the holidays can be very harmful. Instead, service members should use communication, awareness and the organizations provided in Afghanistan to deal with problems and avoid undue stress.

***"The worst thing any Soldier or leader can do is ignore a problem and hope it goes away."***

recommend if you need other help."

Despite the presence of a myriad of chaplains and mental health professionals in theater, both Adams-Thompson and Bacon said there are still service members who bottle up their problems.

Not dealing with problems related to mental health right away is common in the military, said Bacon.

He said one of the most predominant reasons most service members avoid mental health treatment is the miscon-

### Indicators of Depression

- ☐ Isolation
- ☐ Constant fatigue
- ☐ Poor sleep habits
- ☐ Decreased Concentration

### Coping with Loneliness

- ☐ Participate in unit activities
- ☐ Celebrate the holidays as normal
- ☐ Do not ignore the holidays
- ☐ Turn to military family for support

Problems should be addressed to a chaplain or mental health professional in the area.



# *Marines in Gardez celebrate 229 years of faithful service*



Photos by Spc. Chris Stump

**Marines of Co. K, 3rd Bn., 6th Marines, salute the colors during a Marine Corps birthday celebration at the Gardez PRT.**

Marines stationed at the Gardez Provincial Reconstruction Team site in Paktia province organized a "squad competition" in honor of the Marine Corps 229th birthday Nov. 10. The Marines invited all PRT members to participate in events such as a 3-mile run in "full battle rattle," pushups, crunches, pull-ups and various other combat skills, like weapons assembly, calls for fire, assessing and treating casualties, and communications.



**Clockwise from left: Marine Lance Cpl. Chad Bush, Co. K, 3rd Bn., 6th Marines, performs a push-up during the squad competition. The competition tested the Marines and Soldiers on fitness and combat tasks.**

**Marines participate in a 3-mile run with combat gear during the competition.**

**Spc. Dustin Hyde, TF 168 disassembles an M-249 SAW during the weapons portion of the competition.**





## Dear Editor

*I'm looking for my gloves!*

It was July of 1988 and I had slipped my hands into my pockets out of habit. Normally, this would not be an issue, but it just so happened that at the time I was in the middle of Basic Military Training School at Lackland Air Force Base, Texas. And I did it right in front of three training instructors. Big mistake! It was then that I was informed of the professionalism that members of the Air Force and our sister services are required to present.

Have times changed so much that burying our hands into our pockets is now acceptable?

I know that if you have deployed to Afghanistan from a warmer climate, it may seem a little cold right now, but does that give us the option of sticking our hands into our uniform pockets, sometimes down past our wrists? I don't think so either.

Last week, I watched a junior noncommissioned officer correct a young Airman for placing his hands in his pockets. This was good, but when the Airman turned around and faced a commissioned officer who had his hands even deeper in his pockets, the NCO said nothing to the officer. Was he afraid of correcting an officer, or did he feel that it was not his place to do so? I will never know.

What has happened to today's military? Are we so wrapped up in our day-to-day life that we forget the basics? Or have we accepted the fact that the little things don't matter. And if we neglect the little things, how can we expect our troops to take care of the little things in the heat of battle?

My challenge to you is this – let's start leading by example. If it's wrong, fix it. If you don't have gloves and you know there are none in your pocket, then quit searching for them there. And if supply runs out, come see me. I brought a couple extra pairs from home.

Air Force Master Sgt. Adam C. Barber  
455th Expeditionary Security Forces Squadron

## Letters to the Editor

The *Freedom Watch* would like to publish your opinions on topics of importance and interest to those serving in OEF.

Please send your thoughts in letter form to the editor. All letters e-mailed must include full name, unit, address and, when possible, telephone number. We will not print anonymous letters. Please limit all letters to 200 words or less.

We reserve the right to edit letters for length, clarity and decorum.

Please avoid implying criticism of U.S. or DoD policies and programs, advocating or disputing specific political, diplomatic or legislative matters, or implying criticism of host nation or host nation sensitivities.

Please send your letters to:  
carls@baf.afgn.army.mil

We look forward to hearing from you!

## Essay: Those who have honor ...

*This essay is the winner of the values essay contest for "Honor."*

Throughout my life, I have known and met people, both in the military and the civilian world, who I believe epitomize honor. To me, honor is existing, both personally and professionally, by way of the other six Army values. Those values include loyalty, duty, respect, selfless service, integrity and personal courage. Before I enlisted in the military, I identified these values as personal morals, but the principles were equivalent. A person who lives honorably receives respect from those who know and recognize him. He is viewed differently and respected for always putting others first.

The most honorable action in my life was joining the Army. At the time, I could not have possibly realized what I was agreeing to. As Soldiers, we often forget or take for granted what our purpose is. Many days, I fail to remember that I took an oath to protect my country. So many people outside the military look at us as heroes and honor us with holidays, parades and well-known writings such as the Pledge of Allegiance and our National Anthem. All of these actions and words are committed to past, present and future Soldiers and heroes who give their lives honorably to serve the United States of America each and every day.

I feel that everyone contributes to the Army mission, but it is the Soldiers who are doing the fighting who I believe have incredible honor. Every day, the combat Soldiers are maintaining gear, training to fight and fighting, and they deserve the real recognition. I see them everywhere I go, dirty, wrinkled and tired. They are the heroes who do the job most others would not do. They symbolize selfless service and personal courage, giving their lives every day in turn for the safety of the citizens of America. Never questioning their orders, they just carry them out. These are the Soldiers who are remembered so fondly and held close at

ceremonies and parades. The ones who fought the fight with honor.

A couple of years ago, my father took my family to the Marine Tattoo ceremony in our home town. Attending along side us were thousands of military veterans like my father. As we sat there watching the presentations, I looked around at the faces. People were remembering a time in their lives when they honored their country by serving in the military. Although they may have complained about it then, just like Soldiers do now, I saw that they understood the importance of the service they gave their country. Who would have done it if not them? It was a time that was built on family honor as well as personal honor. Studying the traditions of the past, I recognize many traditions in the military have changed over time, but the motives for joining the military are the same. Although many benefits have been added to being in the service, men and women want to protect the vision of the American Dream and the freedoms so many people forget are not automatic or guaranteed.

A person who has honor also practices the Army values in his or her personal life. Putting the needs of family above your needs also displays honor. Parents everywhere guard the safety and well-being of their children and spouses. "Hold my hand," "Don't talk to strangers," "I love you," are all things they say as they honor their families by being good husbands and wives. I know I want my children, grandchildren, and friends to look at me and know that I am, and have always been, an honorable person.

Maintaining good values and, in turn, maintaining honor throughout our lives both at home with those we love and at work, wherever that may be, will be noticed. People will look at each of us and remember those who have honor.

Spc. Christina Green  
125th Finance Battalion

## OEF "Values" Essay Contest

All personnel serving in Afghanistan are invited to participate in the Operation Enduring Freedom bi-monthly "Values" Essay Contest sponsored by CJTF-76.

The current value is "*Integrity*."

## Rules

- ☐ Essays should include the definition of the featured value and your own experience(s) that reinforce this value
- ☐ Essays will be at least one and no more than two pages (typed/neatly printed and double-spaced)
- ☐ Please include a cover page with Title, Author's Name, Supervisor's Name, Unit/Organization, Phone Number and e-mail address if available
- ☐ Do not put name directly on essay
- ☐ Submit essays to EO Adviser nearest your location, via e-mail or hard copy by Dec. 10.

The winning essay writer will receive a Commanding General's Certificate of Achievement and other prizes to be announced. The essay will also be published in a future issue of the *Freedom Watch*, and in the bi-monthly EO Update.

EO is also looking for E-7s and above to help review essay submissions and select the winning essay.

Call the Bagram EO Senior Adviser at DSN 318-231-3021 for more information.

# Security

